

RECIPES

for BISCUITS, MUFFINS, ROLLS, Etc.

RECIPE	Cups	Teaspoons	Teaspoons	Tablespoons	Tablespoons	Number	Cups	Ingredients
1. Rumford Biscuits	2	1/2	4		2		3/4	
	Flour	Salt	Rumford Baking Powder	Sugar	Shortening	Eggs	Milk	Special

MRS. LILY H. WALLACE

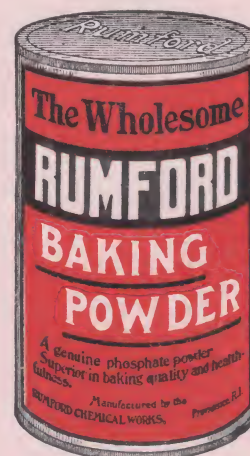
Teacher of and Lecturer on Home Economics

SAYS:

“**T**HERE is no guesswork with its use. When I bake cake, biscuits, and other hot breads, raised with Rumford Baking Powder, I know they will be light, delicate and of fine texture—in fact they will merit the praise of my family and my guests.

“Composed of the nutritious phosphates, the purest of corn starch and soda, Rumford makes not only good appearing and good tasting food, but in addition it makes wholesome food at reasonable cost.

“I have been a user of Rumford in my home and in my lecture work for many years and have never had it fail me.”



THE RUMFORD COMPANY

RUMFORD, R. I.

(Hold Here)

1. *Rumford Biscuits*: Sift dry ingredients, work in

shortening, moisten. Roll or pat out, cut.

GENERAL RULES

for Biscuits, Muffins, Rolls, etc.

All measurements are level.

ALWAYS sift flour before measuring, then sift again with baking powder and other specified ingredients.

Use standard measuring cups for measuring both dry and liquid ingredients.

Shortening may be either cut into dry ingredients with two knives, worked in with a wire mixer, or rubbed in with tips of the fingers.

Eggs should be beaten until light. If stiffly beaten egg-whites are called for, beat these first, then set aside while beating the yolks, thus using the same eggbeater for both.

Add liquid gradually, preferably using a flexible spatula.

In mixing muffin batter be sure to *beat*, not *stir*. Stirring blends but does not make light.

Never make muffin batter too stiff. A stiff batter gives a solid muffin, the same rule holding good in the instance of biscuits.

Handle biscuit dough as little and as lightly as possible, cutting economically to avoid left-over fragments, as these when worked over are not quite as light as the first rolling.

Both biscuits and muffins require a hot oven and should be baked on the lower rack or shelf. Muffins may be baked either in iron, tin, aluminum or pyrex pans, which must be well greased, preferably with a brush, using liquid shortening. Light the oven from 7 to 10 minutes before using.

The baking pans used for corn breads, Sally Lunn, etc., must also be well greased.

Length of time required for baking varies, but following schedule can be used as general guide:

Biscuits, rolls and small breads—12–15 minutes.

Muffins, Rusks, Sally Lunn—20–25 minutes.

Breads, Tea Ring—30–40 minutes.

Generally speaking, the smaller the bread the hotter the oven, while, conversely, larger breads require longer baking with less intense heat.

Table of Weights and Measures

3 teaspoons; $\frac{1}{2}$ fluid ounce; 4 fluid drams
= 1 tablespoon

16 tablespoons; 2 gills; $\frac{1}{2}$ liquid pint; 8 fluid ounces
= 1 cup

1 liquid pint; 16 fluid ounces
= 2 cups

RECIPES

for BISCUITS, MUFFINS, ROLLS, Etc.

1.	Rumford Biscuits	2	2	1 1/2	4	2	2	3 1/4	
2.	Drop Biscuits	2	2	1 1/2	4	2	2	1	scant
3.	Sour or Buttermilk Biscuits	2	2	1 1/2	4	2	2	1 1/2	1/4 cup water 1/8 teaspoon baking soda
4.	Maple Biscuits	2	2	1 1/2	4	3	3	3/4	Melted shortening Crushed maple sugar
5.	Orange Biscuits	2	2	1 1/2	4	3	3	3/4	Grated rind and juice 1 orange Cubes of sugar
6.	Honey Whole Wheat Biscuits	2	2	1 1/2	4	4	4	3/4	4 tablespoons honey
7.	Rumford Muffins	2	2	1 1/2	2	2	1	1	
8.	Rich Muffins	2 1/2	1 1/2	1 1/2	3	4	3	2 2/3	
9.	Crumb Muffins	1	1 1/2	1 1/2	3	2	2	1 1/4	2 cups bread crumbs 3/4 cup minced ham or tongue or 1/2 cup grated cheese
10.	Savory Muffins	2	1 1/2	1 1/2	2	2	1	1	1 cup blueberries or huckleberries
11.	Berry Muffins	2 1/2	1 1/2	1 1/2	3	2	1	2 2/3	1 cup blueberries or huckleberries
12.	Date Muffins	2	1 1/3	1 1/3	4	4	1	3/4	3/4 cup stoned quartered dates
13.	Corn Muffins	1	1 1/2	1 1/2	2	2	1	1	1 cup cornmeal
14.	Bran Muffins	1	1 1/2	1 1/2	4	2	1	1	4 tablespoons molasses 1 1/2 cups bran 2/3 cup raisins, optional
15.	Whole Wheat or Graham Muffins	2	1 1/2	1 1/2	4	3	2	1	Use brown sugar
16.	Potato Flour Muffins	3/4	1 1/2	1 1/2	1	2	3		4 tablespoons water
17.	Rice Muffins	1	1 1/3	1 1/3	3	2	2	1 1/2	1 cup cooked rice
18.	Salad Sticks	1	3/4	3/4	1	2	2		3/4 cup boiling water; 3/4 cup corn meal 3 tablespoons grated cheese, optional
19.	Parker House Rolls	1 3/4	2 2/3	3	3	2	1	1 1/2	1/4 cup cornstarch Melted shortening
20.	Corn Bread	1 3/4	1	1	4	4	2	1	3/4 cup corn meal
21.	Spoon Bread		1	1	2	2	2	1 1/2	1 cup boiling water 2/3 cup cornmeal 1/3 cup cooked rice
22.	Scones	2	2 2/3	4	4	3	1	2 2/3	
23.	Sally Lunn	3	1 1/2	4	4	2	2	1	1/4 teaspoon grated nutmeg
24.	Rusks	2 1/2	1 1/2	4	4	2	1	2 2/3	1/2 teaspoon ground cinnamon Slight grating nutmeg
25.	Rumford Tea Ring	3	1	6	1/2 cup	4	2	7/8	1 cup halved raisins 2 tablespoons chopped nuts

1. *Rumford Biscuits*: Sift dry ingredients, work in shortening, moisten. Roll or pat out, cut.
2. *Drop Biscuits*: Sift dry ingredients, work in shortening, moisten. Drop by spoonfuls onto slightly greased pan.
3. *Sour or Buttermilk Biscuits*: Sift flour, salt, baking powder; work in shortening. Beat together with egg-beater sour milk, water, soda, and use to moisten. Roll or pat out, cut.
4. *Maple Biscuits*: Sift dry ingredients, work in shortening, moisten. Divide into two portions, roll thin, brush one with melted shortening, spread thickly with maple sugar, cover with remaining dough, cut in squares.
5. *Orange Biscuits*: Sift dry ingredients, work in orange rind, shortening. Moisten. Roll or pat out, cut. Dip sugar cubes in orange juice, press one down into center of each biscuit.
6. *Honey Whole Wheat Biscuits*: Thoroughly blend dry ingredients, work in shortening, moisten with blended honey and milk. Roll or pat out, cut.
7. *Rumford Muffins*: Sift dry ingredients, add sugar; moisten with melted shortening, beaten egg and milk.
8. *Rich Muffins*: Cream shortening and sugar, add egg yolks, then sifted dry ingredients and milk. Fold in stiffly beaten egg-whites.
9. *Crumb Muffins*: Soak crumbs in milk 15 minutes. Sift dry ingredients, add to crumbs with beaten eggs and melted shortening. Beat well.
10. *Savory Muffins*: Sift dry ingredients, moisten with beaten egg, melted shortening and milk. Stir in savory ingredient.
11. *Berry Muffins*: Sift dry ingredients, add sugar, beaten egg, melted shortening and milk. Beat well, stir in berries.
12. *Date Muffins*: Cream shortening and sugar; add beaten egg and dates, then sifted dry ingredients and milk. Beat thoroughly.
13. *Corn Muffins*: Sift flour, salt, baking powder; add cornmeal and sugar; moisten with melted shortening, milk and beaten egg.
14. *Bran Muffins*: Sift flour, salt, baking powder; add bran and raisins if used; moisten with beaten egg, molasses, melted shortening and milk. Beat thoroughly.
15. *Whole Wheat Muffins*: Thoroughly blend flour, salt and baking powder; add sugar; moisten with melted shortening, beaten eggs and milk. Beat thoroughly.
16. *Potato Flour Muffins*: Beat egg-yolks and sugar thoroughly; add water, then sifted dry ingredients. Fold in stiffly beaten egg-whites. Bake in greased pans in slow oven—about 25 minutes.
17. *Rice Muffins*: Sift dry ingredients, add rice and sugar, then beaten eggs, melted shortening and milk. Beat thoroughly.
18. *Salad Sticks*: Scald cornmeal, salt and shortening with water. Cover, cool. Sift and add flour and baking powder with cheese if used; knead slightly, break off small pieces, roll into sticks.
19. *Parker House Rolls*: Sift dry ingredients, work in shortening, moisten with beaten egg and milk. Knead slightly, roll half-inch thick, cut into large rounds, brush with melted shortening, fold together, brushing tops also.
20. *Corn Bread*: Sift flour, salt, baking powder; add sugar and cornmeal; moisten with beaten eggs, milk and melted shortening. Beat thoroughly, turn into shallow greased pan.
21. *Spoon Bread*: Pour water over cornmeal and salt, add shortening, cool; add rice, baking powder, beaten eggs and milk. Beat well, turn into shallow greased pan. Serve from baking dish with spoon.
22. *Scones*: Sift dry ingredients; add sugar if used; work in shortening, mix with beaten egg and milk. Divide into two portions (rounds), roll $\frac{3}{4}$ inch thick, cut into quarters, brush tops with beaten egg.
23. *Sally Lunn*: Cream shortening and sugar; add beaten eggs, then sifted dry ingredients alternately with milk.
24. *Rusks*: Sift dry ingredients, add sugar, moisten with beaten egg, melted shortening and milk; knead slightly, form into rolls, place close together on greased baking pan; let stand 10 minutes, brush with milk, sprinkle with sugar.
25. *Rumford Tea Ring*: Sift dry ingredients, work in shortening, add sugar and raisins, moisten with beaten eggs and milk. Roll with hands into two long strips, twist and join ends to form ring. Brush with milk, sprinkle with nuts.